

# Educators, did you know...

**Peterborough Public Health  
has teaching kits that you can  
borrow for your classroom?**



## **TOPICS INCLUDE:**

- Mindfulness (*All Ages*)
- Physical Activity (*Varying Ages*)
- Oral Health (*JK - Gr. 3*)
- Handwashing & Germs (*JK - Gr. 3*)
- Nutrition & Food Literacy (*JK - Gr. 6*)
- Packing School Lunches (*JK - Gr. 8*)
- Vaping (*Gr. 4-9*)
- Drug Literacy & Decision Making (*Gr. 7-12*)
- Sexual Health (*Gr. 8-12*)
- Pregnancy & Parenting (*Gr. 9-12*)



**To learn more visit:**

**[www.peterboroughpublichealth.ca/for-professionals/school-health/](http://www.peterboroughpublichealth.ca/for-professionals/school-health/)**

**Interested in borrowing a kit?**

Contact PPH at **[schools@peterboroughpublichealth.ca](mailto:schools@peterboroughpublichealth.ca)**



**Peterborough  
Public Health**

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Kit Name	Grades	Description
<b>Mindfulness Activities Set</b>	All	<ul style="list-style-type: none"> <li>✓ 55 fun ways to share mindfulness</li> <li>✓ Build skills in: focusing, quieting, seeing, reframing, caring, and reconnecting</li> <li>✓ Art and meditation activities</li> <li>✓ Mindful eating resources</li> </ul>
<b>Fitness Activity Cards</b>	All	<ul style="list-style-type: none"> <li>✓ Cards of on-the-spot fitness moves</li> <li>✓ Great for limited space</li> </ul>
<b>Yoga Alphabet Workshop</b>	JK-8	<ul style="list-style-type: none"> <li>✓ Yoga themed lesson plans and activities to stretch bodies &amp; minds</li> </ul>
<b>Oral Health Education</b>	JK-3	<ul style="list-style-type: none"> <li>✓ Activity handouts, videos, and variety of books</li> <li>✓ Stuff to demonstrate flossing &amp; brushing technique</li> </ul>
<b>Glo Germ Handwashing Demo</b>	JK-3	<ul style="list-style-type: none"> <li>✓ Demonstrate handwashing, surface cleaning, and food cross-contamination using glo germs and blacklight</li> </ul>
<b>Daily Physical Activity - Primary</b>	JK-3	<ul style="list-style-type: none"> <li>✓ Ideas for daily physical activities</li> <li>✓ Includes activity cards, CDs, and DVDs</li> </ul>
<b>You're the Chef</b>	JK-6	<ul style="list-style-type: none"> <li>✓ Recipes and equipment to support hands-on food literacy</li> </ul>
<b>School Lunch Your Kids Will Munch</b>	JK-8	<ul style="list-style-type: none"> <li>✓ Support for packing school lunches</li> <li>✓ Great for kindergarten orientation nights!</li> </ul>
<b>Daily Physical Activity - Junior</b>	4-6	<ul style="list-style-type: none"> <li>✓ Ideas for daily physical activities</li> <li>✓ Includes activity cards, CDs, and DVDs</li> </ul>
<b>Vaping Education (NAE) - Escape Room Activity</b>	4-9	<ul style="list-style-type: none"> <li>✓ Interactive activity to educate on dangers of vaping</li> </ul>
<b>Daily Physical Activity – Intermediate</b>	7-8	<ul style="list-style-type: none"> <li>✓ Ideas for daily physical activities</li> <li>✓ Includes activity cards, CDs, and DVDs</li> </ul>
<b>Drug Literacy &amp; Informed Decision Making</b>	7-12	<ul style="list-style-type: none"> <li>✓ Instead of using a 'don't use drugs' approach, this activity set can help create a non-judgemental atmosphere for students to learn the facts, bust myths, build informed decision-making skills, and discuss their opinions and challenges related to drug use.</li> </ul>
<b>Sexual Health Education</b>	8-12	<ul style="list-style-type: none"> <li>✓ Info on the body, periods, birth control, STIs, sexuality, LGBTQ+, pregnancy, abortion, and consent</li> <li>✓ Sample products of birth control and condom demonstration kit</li> </ul>
<b>Pregnancy &amp; Parenting</b>	9-12	<ul style="list-style-type: none"> <li>✓ Info and props to understand pregnancy &amp; parenting</li> <li>✓ Empathy Belly Pregnancy Simulator garment allows individuals to feel &gt; 20 typical symptoms of pregnancy</li> <li>✓ Links to local parenting resources, how adversity &amp; trauma affect growing brains and child development</li> </ul>